

SIXTEEN

WHICH SHALL YOU LET YOUR CLOTHES MAKE YOU?

asks
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WOULD you believe these two photographs are of the same sixteen year old girl? They tell their own story of what old and loud dress will do to a sweet and pretty miss.

WHERE are the young girls of yesteryear?

Some one suggests in answer: "They're not raising them any more."

In a day's walk down a boulevard or avenue you are at first inclined to suspect that there is no such creature as a young, young girl. One meets so many, many old young girls—girls dressed up in clothes designed for their older sisters, their maiden aunts, and their mothers.

What is the matter with the little girls that they don't want to be little girls any more? By little girls I mean 14, 15, and 16 year olds!

After all, isn't it the fault of the clothes and not the fault of the misses? Since you can't put old heads on young shoulders, the most wonderful charm of all charms—that of youth and sweet simplicity—cannot be comprehended by young girls. Just to be grown up and to look the part seems to be the chief ambition of the teens. So, naturally, we cannot blame the young girls entirely.

The fault lies with the mothers and the big sisters and the brothers and the fathers. They should try to make the young girls see that there is no charm in the world like that of youth and that it is so fleeting it should be lived to the last minute as youth; that of all ages of women, "sweet 16" is the most beautiful when it is lived as sweet 16.

The parents are at fault in buying clothes for girls that make them look like anything from a back row chorus girl to a woman of forty.

There is a psychological effect on the minds of these young maidens who are allowed to dress in loud and vulgar clothes that it would be well for parents to realize before their simple, trusting little maid has developed into a forward, blase, and unlovable girl.

And is there anything that is more delightfully gratifying to the eye, to the esthetic sense, and to the common sense of the onlooker than a girl in her early teens dressed as if there was a world still ahead of her with which she was not familiarly acquainted?

Nothing prettier in the world than a young, young girl. If you need more convincing proof study the magazine covers which are designed and published by people with their fingers on the pulse of public opinion. They favor the youthful girl with the clothes of youth upon her.

To my mind there is nothing more pathetic than the figure one meets so

frequently nowadays—a miss in her teens, carringed, powdered, rouged, and blouse cut extremely low, and diaphanous as a Salome veil; high heeled, and eyes filled with a quest for excitement instead of wholesome, happy fun. All the money in the world spent in this brand of toilet and clothes cannot make her attractive.

Girls, you have the charm that every older woman envies you! And the more youthful you are in your dress, in the way you dress your hair, and in keeping your face aloof from powder and paint the more she envies you.

When you imitate the older and worldlier woman's methods of attracting attention she doesn't envy you a bit. She is more clever than you at that game and she'll attract more attention than you in that kind of dress. But you stick to the simple, girlish lines and modest deportment, and you have the whole world at your feet.

You can look smart if you want to. I don't mean that you must dress like a country mouse or wear boarding school uniforms. But, little miss, if you want us all to love you and to admire you and to think you are pretty, please don't wear the showy high heeled shoes, and don't see how loud you can get your suit or coat. Leave the plumes and the ostrich boas for women who have no longer the soft round contour of youth.

There is a word men use—one that is not mentioned in polite circles nor in a family newspaper—but it is a name that girls earn for themselves when they transform their sweet sixteenness into a wordly brazenness by the wearing of such clothes as that illustrated on the befuddled creature on this page. And it's a word that would make you blush, little girl, if you knew its meaning.

So what's the use in trying to look so grownup and so worldly wise when you aren't going to get a bit of admiration out of it? Of course, you are grownup woman enough to want to be admired. That's as primal an instinct as love of life.

Just remember, little miss in your teens, that you don't have to buy plumes and aigrettes and extreme shoes and resort to artificial waves and curls or cosmetics and diaphanous blouses with showy undergarment. The simpler lines you adopt in your dress from head to foot will serve to accentuate your most enviable asset—your youth. On the other hand, the more garish and vulgar or old lines you adopt will detract just that much from your prettiness.



ANSWERS TO INQUIRIES.

ROSALIE: This depilatory will remove the hair from the armpits: Sulphide of barium, two drams; oxide of zinc and starch each three drams. Mix these well and keep tightly corked. Before applying the depilatory add sufficient water to make a paste. The paste is then spread over the part and allowed to remain on for a couple of minutes. Then wash off and apply a cold cream or soothing ointment. There will

be resulting irritation. You can generally tell when the paste has been on long enough by a slight burning sensation. If you cannot prepare it yourself any druggist will do it for you.

GROWING GIRL: Good health alone will make your face plump. So don't be broken hearted any more, little girl, but commence right now to improve your health by building up your system. Eat wholesome, nourishing food. Don't drink coffee or tea. Get lots of exercise in the fresh air. Get out in the parks and

walk, play tennis, row a boat, and play golf. Drink lots of water, get eight or more hours sleep each night, and guard against constipation. I shall be glad to send you my dietary for gaining flesh if you will send me a stamped, addressed envelope.

NITA: Freckles can be removed by using lactic acid four ounces, glycerin two ounces, and rosewater one ounce. Apply the lotion with a piece of absorbent cotton at night. Don't forget the proverbial "ounce of prevention" in regard to freckles, tan, and sunburn.

Protect your face as much as possible from the sun and wind. Before you go out rub a good cold cream into your skin and then dust lightly with a pure face powder.

BETH: Olive oil is good for a torpid liver. Take a teaspoonful of olive oil every morning three-quarters of an hour before breakfast. Drink lots of water and guard against constipation. Drink coffee but once a day if you can possibly get along without it. The unsweetened juice of a lemon in a glass of water

before breakfast is also beneficial. A good tonic for dandruff will, I am sure, help the continued itching of your head. Would you like me to send you my formula? Just send me a stamped, addressed envelope.

WORRIED: Ammonia in the bath water will not harm the skin. It is not only cleansing and refreshing but it softens the water. Do not put more than two tablespoonfuls in the water and do not use any on your face.